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NEWS

Drug war a top priority: Surrey RCMP

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metrolife

WILLIE ROLLS OUT HIS OWN POT LINE

High 16°C/Low 9°C Cloudy

The unhappiest place in Canada

With its picturesque beauty, it's hard to believe anyone could be unhappy living in Vancouver. But a new report from Statistics Canada has declared the city the unhappiest place in the country. See more coverage in News. JENNIFER GAUTHIER/FOR METRO

Exam goes underwater

ACADEMIA

UVic student takes to ocean to defend master's thesis

It's hard enough to defend a master's thesis, let alone doing it underwater.

But that's exactly what University of Victoria student Mike Irvine did on Monday afternoon, making the faculty of education student quite possibly the first in the world to livestream an oral exam from 20 feet below the ocean's surface.

More than 170 people tuned in to watch the livestream of the 27-year-old, who occasionally paused for an extra breath of oxygen from his high-tech communications mask.

Irvine's research focused on using underwater cameras and technology as tools to motivate and engage students on marine science topics.

Mike Irvine in the Salish Sea on Monday. YOUTUBE

"It gives you the chance to engage in different and distant places," he said to the panel of academics as plumose anemones moved in the background.

"Technology, when you use it in the right way, can elicit a great response. It gets people excited and engaged."

And indeed, the professors seemed more than delighted by the innovative exam, joking that they expected a "fluid presentation."

Irvine's ultimate goal is to get students to ask more questions and to become informed about how humans impact the ocean.

EMILY JACKSON/METRO

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Your essential daily news

A sweater was donated to the Edmonton Zoo's elephant, but she never got it.

Surrey police concerned over ongoing gang war

SAFETY

MLA's nephew first victim of drug trafficking groups' feud

Matt Kieltyka
Metro | Vancouver

Surrey's mayor and police brass say every possible action is being taken to quell a brewing gang war that's led to at least 14 shootings and one death.

Arun Bains, the 22-year-old nephew of Surrey-Newton NDP MLA Harry Bains, was shot dead while he was driving in a vehicle near 126th Street and 88th Avenue Sunday morning.

RCMP said Monday that Bains' death was the first in an escalating conflict between two "lower-level drug trafficking groups" that has been responsible for at least 14 of the 22 reported shootings in Surrey and Delta since March 9.

"To say that this is the top priority for law enforcement would be an understatement," said Surrey RCMP Chief Supt. Bill Fordy. "(Police) are doing everything that we can to bring a stop to this violence, to resolve this conflict and to restore calm to our community."

In addition to standard policing, Mounties have taken several unusual steps in an attempt to stop the violence.

Surrey RCMP Chief Supt. Bill Fordy speaks to media on Monday about ongoing public shootings between two groups. MATT KIELTYKA/METRO

Over the past two weeks, police have released pictures of the people who were shot to emphasize their risk to public safety and to generate tips into their activities.

On Monday, police established a new tip line (604-915-6566) that is monitored 24/7 and is devoted solely to these investigations.

Fordy also made another plea directly to the people involved in the ongoing violent feud, many of whom are from the Indo-Canadian and Somalian communities.

"To the people who are involved in these shootings, I remind you that you can make an individual choice to stop the violence," said Fordy. "Residents and children do not deserve to live in fear. The choices that you are making today could easily result in your own death or that of an innocent person in the community."

Fordy said that leaders of those ethnic communities have been working with police as they look for any way to end the violence.

> **"To the people who are involved in these shootings, I remind you that you can make an individual choice to stop the violence."**
> Surrey RCMP Chief Supt. Bill Fordy

Surrey Mayor Linda Hepner attended the conference and made a plea for people to come forward with any information they may have.

The investigations to date have been stymied by uncooperative victims who, police say, would rather seek retribution themselves than help RCMP.

The police are doing all that they can, but they need information," said Hepner. "The code of silence that we have seen so far will only result in more heartache for loved ones that are left behind."

The city and police have organized a community forum at Tamanawis Secondary School on Tuesday at 7 p.m. to provide concerned residents with more information regarding the shootings.

ENGLILSH BAY

Oil spill ship can be moved

The ship responsible for the English Bay oil spill has been decontaminated and been given the green light to move and dock at Port Metro Vancouver, the Canadian Coast Guard announced Monday.

The coast guard is no longer in command of the MV Marathassa, which is now under the jurisdiction of Transport Canada and the ship's owners, coast guard spokesman Dan Bate wrote in an email. Before it moves the coast guard must remove the oil-containing boom around the ship. Pollution response equipment will be standing by during this process in case any additional oil is released.

An environmental response vessel will escort the ship on its way to a berth at the port. The escort is also able to capture oil in case any is released in transit.

Some Bunker C fuel remains on the ship's hull — "much like a bathtub ring at the vessel water line," Bate wrote — but it will not be removed because chemicals would be needed. That was "deemed to be unacceptable" to some agencies.

The coast guard remains in control of incident command, which is responsible for the response and clean up.

Transport Canada is conducting an investigation into the spill. It still does not know exactly how much fuel spilled from the ship and anticipates such a calculation could take weeks, spokeswoman Jillian Glover said in an email.

EMILY JACKSON/METRO

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THERAPEUTIC RECREATION (GERONTOLOGY)

Older adults are the fastest growing age group in Canada, resulting in a growing employment need for professionals who can support and promote optimal health for this generation.

The field of therapeutic recreation, especially for older adults (gerontology), is not just limited to physical exercise but activities that promote healthy living. These activities include: arts & crafts, music, gardening, games, social events, outings and entertainment. The promotion of health in older adults encompasses physical, social, emotional, cultural, spiritual and mental well-being.

"I want people to know that they matter whatever their age, whatever they're going through …Their dreams and feelings are still valid. I want to help people to acknowledge that about themselves." – **Faith Malakoff,** Therapeutic Recreation

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Vancouver rated unhappiest city

SURVEY

Quebec is home to the happiest city: StatsCan

Thandi Fletcher
Metro | Vancouver

Cheer up, Vancouverites.

Vancouver has been declared the unhappiest city in Canada, according to a new Statistics Canada report released Monday.

With its snow-capped mountains and cherry blossom-lined avenues, it's hard to believe anyone could be unhappy in this picturesque city. But, according to the report, Vancouver residents rank their life satisfaction at 7.8 on a scale of 10 on average, the lowest rating in Canada.

Residents aren't alone in their misery, according to the report, which surveyed 340,000 Canadians between 2009 and 2013 satisfaction across the country's 33 census metropolitan areas and 58 economic regions.

Visitors to Jack Poole Plaza take in the views of the Vancouver's North Shore Mountains and Burrard Inlet on April 16. A new report from Statistics Canada says Vancouver is the unhappiest city in Canada. JENNIFER GAUTHIER/FOR METRO

It seem British Columbians as a whole aren't a happy bunch. Kelowna, which ranks highest in the province, only came in at No. 12. Even Winnipeg ranked higher than Abbotsford, which came in No. 24, followed by Victoria at No. 27.

So where is the happiest place in Canada? Québec.

Saguenay takes the top spot at 8.2 on a scale of 10 on average, while Trois-Rivières came in second place, followed by Québec City, which ranked fifth after St. John's, N.L., and Greater Sudbury, Ont.

> **Canadians are happier than the citizens on average of almost any other country.**
> John Helliwell

While the report doesn't look at reasons for life satisfaction, John Helliwell, one of the study's authors and a University of B.C. professor, said the data suggests people are generally happier living in smaller communities.

Most of the cities at the top of the rankings have populations under 250,000, while cities with higher populations like Vancouver and Toronto rank at or near the bottom.

While many may be quick to blame Vancouver's pricey real estate market or rainy climate for the relatively low life-satisfaction, Helliwell said previous research indicates that's only "part of the story."

Social connections also play an important role, he said, with residents in big cities less likely to greet their neighbours or make small talk with people in coffee shops.

"In big cities, it takes a little courage to put your cell phone away and make connections with real people," he said. "The fast-paced life — which includes a lot of these electronic gadgets, in fact — tend to draw you into yourself and your private networks, and not to spread more widely."

Other factors include education, policing, health care, urban design and amount of green spaces, said Helliwell.

Although Monday's report may spark friendly rivalry between cities, Helliwell emphasized that the differences across Canadian cities is only one-tenth as large as the typical differences across the 150 countries covered by the Gallup World Poll.

"Even in its biggest cities, Canadians are happier than the citizens on average of almost any other country," he said.

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MARIJUANA PROTEST
SMOKE 'EM IF YOU GOT 'EM
People attend a 4/20 event in downtown Vancouver on Monday. An estimated 25,000 people attended the annual mass marijuana rally on a sunny day outside the Vancouver Art Gallery. The large crowd closed Georgia Street for several hours.
JONATHAN HAYWARD/THE CANADIAN PRESS

IN BRIEF

Serious crash in PoCo claims life of six-year-old
A six-year-old girl has died following a serious crash in Port Coquitlam on Sunday.

The girl was one of four pedestrians allegedly hit by an inexperienced driver behind the wheel of an SUV in Port Coquitlam, according to media reports. Two others involved in the crash on Shaughnessy Street on Sunday afternoon remain in hospital in serious condition, while another was released from hospital with minor injuries.

The driver remained on scene and is co-operating with investigators. METRO

Candidates cleared in Vancouver East scandal

NOMINATION

Allegations had put Liberals' process on hold

Matt Kieltyka
Metro | Vancouver

The Liberal party's nomination race in Vancouver East is back on track after the party dismissed reports of alleged irregularities.

The race between charity founder Joanne Griffiths and lawyer Edward Wong was put on hold in February, after media reports alleged people had been signed up for Liberal Party of Canada memberships without their knowledge or consent.

The party launched an investigation and announced Monday that both candidates have been cleared to resume their campaigns, which will culminate at a rescheduled nomination meeting on May 12.

Shaun Govender, executive director of the federal Liberals in B.C., told Metro that the results of the internal investigation will not be made public, but said the party concluded that the alleged scope of irregularities in voter registration were exaggerated and "not unlike" mistakes that could have been made in any nomination race.

Eligible party members will still need verify their identification in order to vote at May 12 nomination meeting, he added.

The winner of the race will run against Jenny Kwan in the next federal election. The provincial NDP MLA won the NDP nomination for Vancouver East in March and hopes to inherit the riding from incumbent NDP MP Libby Davies, who announced her retirement from politics earlier this year.

The Green Party is holding their nomination meeting for Vancouver East on Friday, with Wes Regan and Brennan Wauters hoping to represent the party.

The Conservative Party has yet to select a candidate in the riding.

WITH FILES FROM EMILY JACKSON

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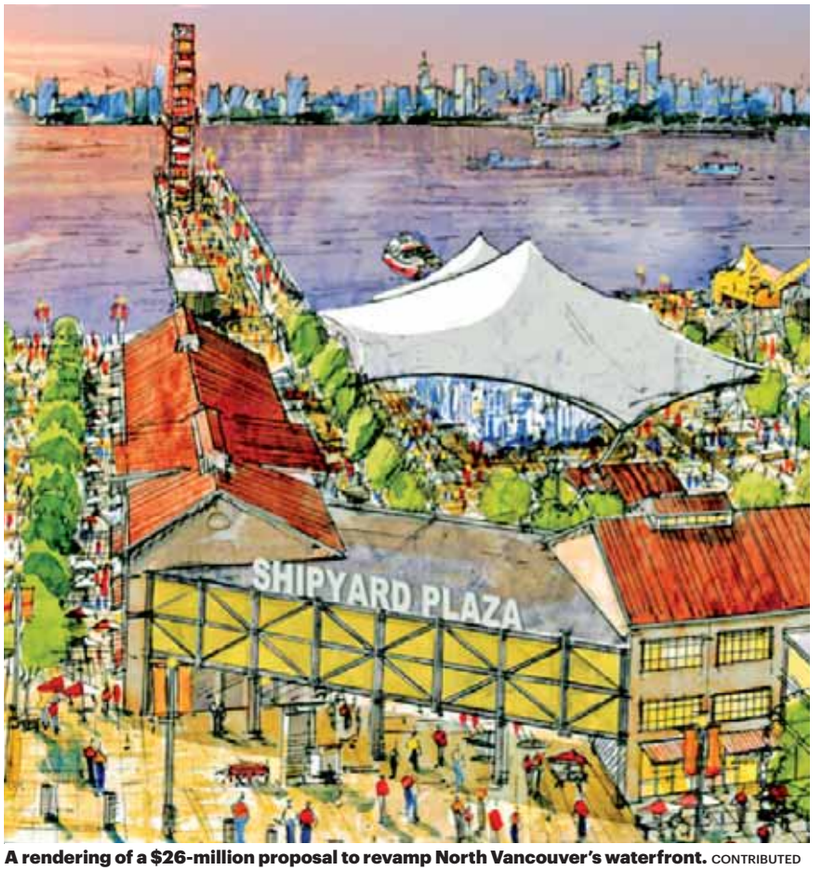

A rendering of a $26-million proposal to revamp North Vancouver's waterfront. CONTRIBUTED

North Van nixes Ferris wheel plan

DEVELOPMENT

Cancellation nothing to do with gambling, mayor says

Emily Jackson
Metro | Vancouver

The City of North Vancouver is waving goodbye to its plans for a waterfront Ferris wheel — for now — but its less-flashy proposal has nothing do with the city reconsidering its decades-long gambling ban, Mayor Darrell Mussatto said Monday.

Despite speculation, Mussatto said there is no link between the policy meeting to reassess the prohibition of gaming facilities and the need for revenue to fund the $26-million plan to revitalize the Shipyards at the foot of Lonsdale.

"These are two independent things," Mussatto said, adding that no official changes to the ban will be made at Monday's meeting to hear from the community, Playtime Community Gaming Centres and Vancouver Coastal Health.

Even if council proceeds to lift the ban in the future, Mussatto said no one is suggesting that gaming facilities should be included in the redevelopment of Site 5, the vacant plot east of the SeaBus.

"There's absolutely no room at Site 5 for community gaming. It's inappropriate there, anyway," Mussatto said.

Last week the city started looking for private partners interested in funding parts of the plan, which includes a skating rink and a water-play area but no longer a Ferris wheel. The major attraction wasn't axed due to price but rather because there wasn't enough space at the site, Mussatto said.

"It's not like it's dead; it's just not in our plans for now," he said. "There might be an opportunity down the road."

Meanwhile, council will focus on making the site a year-round attraction that's financially feasible and can easily integrate into the neighbourhood.

$26M

The plan to revitalize the Shipyards will cost about $26 million.

> **It's not like it's dead; it's just not in our plans for now. There might be an opportunity down the road.**
> Mayor Darrell Mussatto

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CRIME

Stabbing victim seeks local support

A Vancouver man slashed in the head outside a church says he's having nightmares and isn't getting enough support.

Kathiye Elmi, 40, lifted his hat to reveal stitches on his head and recalls the violent scuffle.

"He came after me. And then I faced him. I don't want him to stab me in the back," Elmi told reporters Monday.

"Everybody screamed, 'Watch out, the knife!'"

Police have said a man was wildly stabbing people two weeks ago outside the First United Church in the Downtown Eastside.

Officers first shot him with bean bags, but he turned his knife on a woman. An officer then fired his gun.

Abdi Hirsi, 26, of Edmonton died at the scene.

Elmi said he was interviewed by as many as five police officers after the attack but hasn't been helped by victims' services.

"I'm speaking out (because) I thought I'm living in a safe country — a place I came to have a good life, not to get stabbed," said Elmi, who immigrated from Somalia 22 years ago.

Elmi also has a criminal record for assault and theft. He said he was fighting in self-defence.

The justice ministry said there are 160 victim-services programs in the province and a 24-hour hotline in 110 languages. THE CANADIAN PRESS

Kathiye Abdullaahi Elmi during a Vancouver news conference on Monday, showing where a knife went though his hat.
JONATHAN HAYWARD/THE CANADIAN PRESS

IN BRIEF

Police seek witnesses after fatal warehouse fire

Vancouver police are searching for witnesses to a fatal warehouse fire on East Hastings Street last week.

Two people, who were apparently squatting in the building, were killed in the massive early morning blaze at 955 East Hastings St. on April 13.

Officers and firefighters were able to save two people from the second floor of the building but were unable to reach two others who remained inside.

Police are continuing to investigate the cause of the fire and factors involved in the two deaths.

After interviewing several witnesses, investigators believe another person may have managed to escape the burning building. That person has not yet spoken with police.

Anyone with information about the fire is asked to contact police at 604-717-2962 or Crime Stoppers at 1-800-222-8477.

THANDI FLETCHER/METRO

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It's all or nothing for egg shoppers on a budget

CHALLENGE DAY 1

Reporter tries, fails to buy two eggs instead of whole carton

Gilbert Ngabo
Metro | Toronto

I couldn't buy a couple of eggs.

I grew up in Rwanda, and I still remember young men and women walking through downtown streets — and other parts of the country — with baskets, selling all sorts of food items. An egg would go for less than 20 cents. It would be about the same price as buying the egg in a restaurant or at a food store. Whether your budget allowed for one, two, three or the entire pack, you'd have a choice.

After embracing the challenge to live on $1.75 a day, I realized that in downtown Toronto, things were different. I'd set out on a shopping spree with my tiny budget and had hoped to get at least two eggs for less than a dollar, something I thought should be easy enough.

But no store would allow me to buy just two eggs — not a single store among a handful that I visited. A couple of stores had two or three boiled eggs already packaged, but the price was way outside what I could afford on my budget.

As I was pounding the streets looking for eggs, I kept thinking about the poor person, with just a few spare cents, looking for an egg or two but constantly being told to buy the whole carton.

Yes, a dozen eggs sell for about $4, and that's about 33 cents for each. But if you're among Toronto's poor, unless you have access to a farmers' market, your choices on a tight budget are limited.

It may not be surprising to see someone buying just a bottle of cooking oil, one jar of juice or a single bun from the bakery section. I've never really thought that it might be all they can afford. I'm more likely to assume they're just picking up one single item missing from the fridge.

Now that I've been that person buying three tomatoes, a handful of mushrooms, a can of beans and asking for only two eggs, I have a different perspective.

LIVING BELOW THE LINE

The reporter: Gilbert Ngabo works for Metro in Toronto. He moved to Canada from Rwanda five years ago.

The mission: To live on just $1.75 a day for five days — a challenge made to all Canadians by the Global Poverty Project, which says that's the daily budget of those who live below the poverty line.

The series: Day 1 of 5, Gilbert tries and fails to buy a couple of eggs. Not six, not a dozen. Two.

Gilbert Ngabo tries his luck at finding two eggs at a Loblaws in Toronto on Monday. LIZ BEDDALL/METRO

No store would sell two eggs to Gilbert Ngabo. LIZ BEDDALL/METRO

> **A couple of stores had two or three boiled eggs already packaged, but the price was way outside what I could afford on my budget.**

Struck out again at a Shoppers Drug Mart. LIZ BEDDALL/METRO

GROCERIES

Egg search, store by store

I set off Monday to try to find two eggs. The results were as follows:

— An employee at a Shoppers Drug Mart looked at me incredulously before saying there was no way I could be given two separate eggs.

— A Metro store had a six-pack of eggs for $2.99, but my budget would only allow for two eggs under a loonie, combined. A staff member told me she had never seen anyone trying to buy just a few eggs. They did have a packet with two boiled eggs, but it would have cost $1.12.

— It was the same story at Loblaws, where a pair of boiled eggs goes for a little less than a toonie.

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Blue shoes mark federal budget

POLITICS

Blueprint to be augmented with host of measures

The symbolism of Finance Minister Joe Oliver donning a pair of Tory-blue sneakers on Monday for the traditional new-budget-shoes photo op shouldn't be lost on anyone.

A federal election may be six months away, but Tuesday's promised delivery of the Harper government's first balanced spending blueprint in eight years means the Conservatives are already off and running.

The well-orchestrated march to the 2015 general election began more than a year ago, when the government presented a 2014 budget that, it turns out, could have reasonably showed a surplus — but held off the big reveal until Canadians were closer to the ballot box.

The parliamentary budget office last week predicted 2014-15 will come in $3.4 billion in the black — a possible jump start on those "New Balance" runners Oliver slipped on at a Toronto shoe store.

The long march continued last Halloween at a campaign-style event in Vaughan, Ont., where Prime Minister Stephen Harper rolled out a five-year, $27-billion package of improvements to family benefits and targeted tax cuts — a sort of rolling campaign barrage timed to light up the fireworks in July when families receive their first retroactive benefit cheques.

The simple electoral arithmetic of tax breaks and benefit boosts was on display Monday in the House of Commons.

Between Tuesday's budget launch and those family cheques, there will be an orgy of government self-promotion, with $7.5 million already earmarked for "economic action plan" advertising.

While the dramatic plunge in global oil prices — which spurred Oliver to delay his budget release — is viewed by some to have tripped up Conservative budget plans, it had one welcome side effect for a government heading to the electorate.

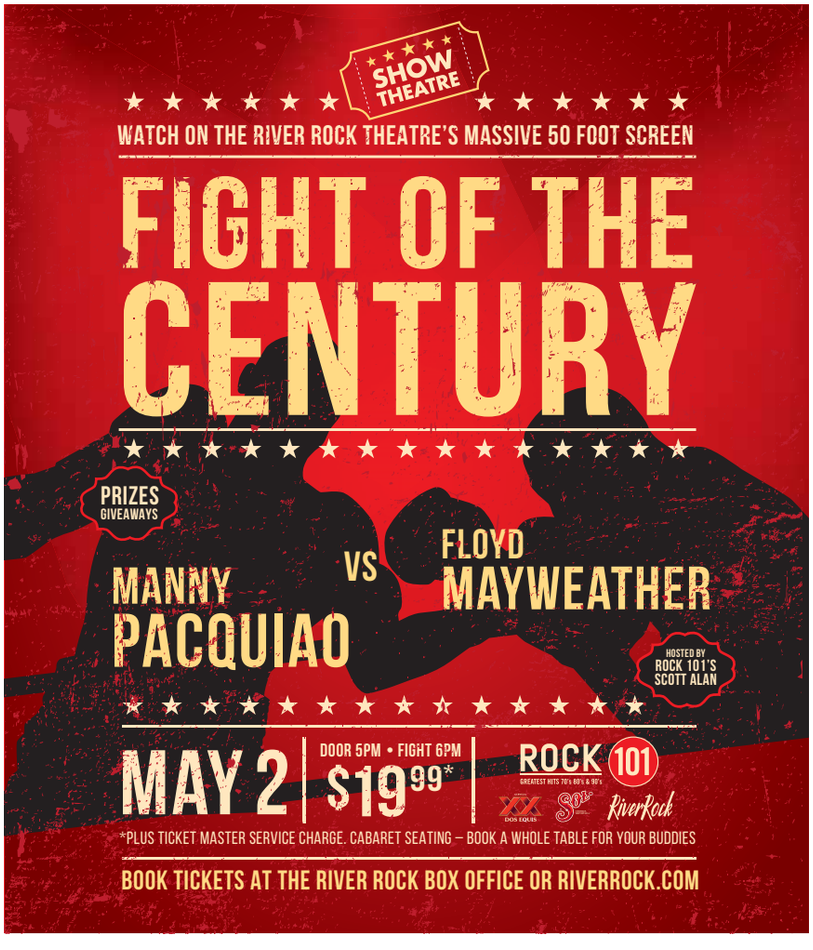
These set pieces of the Conservative re-election campaign will be augmented with a host of smaller measures aimed up shoring up perceived weaknesses and bolstering perceived strengths.

Headlining it will be the return to surplus, backstopped by proposed balanced-budget legislation. THE CANADIAN PRESS

TRADITION

It is a Canadian custom for finance ministers to purchase or wear new shoes for Budget Day.

Federal Finance Minister Joe Oliver shows off his new budget shoes during a photo op in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS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Is it Q or q: CBC clarifies position

So, which name will it be?

Last week, CBC announced the new Shad-hosted version of its arts-and-culture radio program, titled Q, was getting a little makeover.

Before Shad's first show aired Monday, the public broadcaster clarified its position.

The CBC said in a tweet that the show's logo would use a small q, but for "clarity and readability," the program would otherwise be referred to with an uppercase Q in written communication. But late Monday, the CBC scrapped that plan and said it would be sticking with q after all.

The rebrand was viewed as another step by the CBC to distance itself from former host Jian Ghomeshi, who was fired in October amid sexual-assault charges. Ghomeshi faces seven counts of sexual assault and one of overcoming resistance by choking, but his lawyer has said he will plead not guilty to all charges. THE CANADIAN PRESS

EGYPT

Mohamed Fahmy to get new passport

In an abrupt reversal of its position, the federal government announced Monday that it was prepared to issue a passport to a Canadian journalist on trial in Egypt on widely denounced terror charges.

Al Jazeera English journalist Mohamed Fahmy spent more than a year in a Cairo prison and has been working to get a passport ever since his release on bail in February.

His original passport was seized upon his arrest in December 2013. The Canadian government had been refusing to give him a new one, citing his bail conditions.

But on Monday, Citizenship and Immigration Minister Chris Alexander said that the situation had changed. However, it remains unclear why the Canadian government changed its mind.

Fahmy is undergoing his second trial and is set to be back in court Wednesday for what he expects will be a "milestone" session. THE CANADIAN PRESS

IN BRIEF

Terror fight hampering work on other files: RCMP

Shifting hundreds of RCMP officers to counter-terrorism duty has hurt the national police force's efforts to fight organized crime and espionage, a senior Mountie says.

The resource challenge is "negatively impacting" the force's ability to do everything it's expected to do, says Mike Cabana, deputy RCMP commissioner for federal policing.

Concerns about the threat of homegrown extremism have prompted the RCMP to move more than 600 officers to the terrorism file from organized-crime cases and other areas.

That has prompted criticism from the NDP and Liberal public-safety critics that the Mounties are being stretched too thin.

The Canadian Press reported Friday that the Conservative government plans to earmark resources in the federal budget Tuesday to help security agencies carry out enhanced responsibilities under new anti-terrorism legislation.

Civil libertarians and privacy advocates have denounced the legislation as a threat to law-abiding citizens. THE CANADIAN PRESS

IN BRIEF

Immigrants flee South Africa after deadly attacks
Worried about their safety, hundreds of African immigrants headed out of South Africa in buses on Monday following deadly attacks on foreign-owned shops. South Africa's anti-immigrant attacks, in which seven people have been killed this month, have angered many across the continent. South African diplomats in at least two other African countries reported threats of reprisal attacks because of the violence at home. THE ASSOCIATED PRESS

Turkey sends condolences
Turkish Prime Minister Ahmet Davutoglu on Monday extended condolences to the descendants of Armenians killed 100 years ago by Ottoman Turks, saying Turkey shared their pain and also announced that a service would be held at the Armenian Patriarchate in Istanbul to commemorate the victims. Davutoglu, however, stopped short of the calling the killings a genocide and criticized efforts to press Turkey to recognize the slaughter as such. THE ASSOCIATED PRESS

Spanish boy kills teacher
A 13-year-old Spanish boy armed with a crossbow and a machete killed a substitute teacher and wounded four other people at his school in Barcelona on Monday, police said. The unidentified boy was detained by police as a suspect in the attack that also saw two other teachers and two students injured. Authorities said the boy, who was undergoing a psychiatric examination, will not face criminal charges because he is under the age of 14. THE ASSOCIATED PRESS

Secret Service arrests man for attempting to scale White House fence
A man accused of climbing over a White House fence was released from jail Monday after appearing in Superior Court in Washington. Secret Service officers said they arrested 54-year-old Jerome R. Hunter of Sacramento, Calif., at about 10:25 p.m. Sunday after he climbed over a fence surrounding the executive mansion. He was arrested on a misdemeanour charge of unlawful entry. On Monday, a judge released him on the condition that he receive a mental-health evaluation. Hunter will also be required to be monitored with a GPS device. THE ASSOCIATED PRESS

Migrant crisis perplexes EU

HUMAN TRAFFICKING

Leaders to meet Thursday in Brussels

Shaken by the feared drowning of hundreds of people in the latest Mediterranean tragedy, European leaders struggled Monday for an adequate response in the face of unremitting migrant flows and continued instability in Libya that has given free rein to human traffickers.

Even as the search continued for victims of the weekend disaster that left as many as 950 people feared dead, coast guard ships rushed to respond to new distress calls on the high seas — two off Libya and a third boat that ran aground near Greece.

Decrying what he called an "escalation in these death voyages," Italian Premier Matteo Renzi urged Europe to put the focus on preventing more boats from leaving Libya, the source of 90 per cent of migrant traffic to Italy.

"We are facing an organized criminal activity that is making lots of money, but above all ruining many lives," Renzi said at a joint news conference with Malta's prime minister, Joseph Muscat. He compared their activity to that of slave traders of centuries past, "unscrupulous men who traded human lives."

The European Union foreign affairs chief, Federica Mogherini, said this weekend's appalling human toll — which, if verified, would be the deadliest migrant tragedy ever — had "finally" fully awakened the European Union to the evils of human trafficking.

The EU has been under increasing criticism for lagging in its response to the crisis, with two shipwrecks believed to have taken the lives of as many as 1,300 migrants in the past week. Some 400 people are believed to have drowned in another capsizing on April 13.

Stopping the traffickers will be a key item on the agenda when EU leaders meet in an emergency summit Thursday in Brussels, along with a proposal to double spending on sea patrols off Europe's southern border. The 10-point plan includes a proposal to take "civil-military" action modeled on previous operations in the Horn of Africa to combat Somali piracy.

Meanwhile, new details emerged about the weekend disaster, with Italian prosecutors saying hundreds of migrants were locked below deck unable to escape when the rickety boat capsized off the coast of Libya. THE ASSOCIATED PRESS

1,300

The EU has been under increasing criticism for lagging in its response to the crisis, with two shipwrecks believed to have taken the lives of as many as 1,300 migrants in the past week.

A man rescues a migrant from the Aegean Sea on Monday on the island of Rhodes. Greek authorities said that at least three people have died, including a child, after a wooden boat carrying migrants ran aground off the island. ARGIRIS MANTIKOS/EUROKINISSI VIA THE ASSOCIATED PRESS

YEMEN

Saudi-led airstrikes flatten houses

Saudi-led airstrikes hit weapons caches held by Iran-backed Shiite rebels, touching off massive explosions Monday in Yemen's capital that killed at least 19 people and buried scores of others under the rubble of flattened homes.

The U.S. Navy, meanwhile, has dispatched the aircraft carrier USS Theodore Roosevelt toward the waters off Yemen to join other American ships prepared to intercept any Iranian vessels carrying weapons to the rebels, U.S. officials said.

After the coalition airstrikes, mushroom clouds rose over the mountainous outskirts of Sanaa, where the arms depots are located. The Fag Atan area has been targeted several times since March 26, the start of the air campaign against the rebels known as Houthis.

"It was like the doors of hell opened all of a sudden," said Mohammed Sarhan, whose home is less than two kilometres from the site. "I felt the house lift up and fall."

The blasts — among the most powerful in Sanaa since the airstrikes began — deposited a layer of soot on the top floors of buildings in the Yemeni capital and left streets littered with glass. Anti-aircraft fire rattled in response.

Western governments and Sunni Arab countries say the Houthis get their arms from Iran. Tehran and the rebels deny that, although the Islamic Republic has provided political and humanitarian support to the Shiite group. THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, April 21, 2015

the big number

81.1%

That's how many Canadians are urbanites as of 2011 — a near-complete reversal of the ratio 150 years earlier, in 1861, when city dwellers comprised less than 16 per cent of pre-Confederation Canada. Among G8 countries, we're the third most urbanized, behind the U.K. and U.S. Among 15- to 29-year-olds, the current divide is even more pronounced: Only 17 per cent live in rural areas. Statistics Canada

Giving or getting lifts can become a burden

YOUR RIDE
Karen Quinn Fung

One of my favourite parts of travelling to other cities — or even other neighbourhoods across Metro Vancouver — is seeing how other people's lives work where they are, and imagining what my life would be like if I were living there.

Last year, I travelled to Atlanta for a conference and slept on someone's couch in a loft apartment in a converted factory building.

The person I was staying with volunteered to drive me to and from the conference venue. I knew this person extended the same offer to all couch-surfers, and I trusted that limited transit access made this a necessary courtesy.

But coming from Vancouver, where transit has given me a sense of independence since even before I was an adult, it was a new experience for me to be regularly negotiating morning departure times and texting about curbside pickup locations. I felt dependent on my host in a way that I hadn't felt since I was a teenager being shuttled to and from school by my parents.

This burden of driving others is borne by many, but just how heavy is it and what does it mean for our transportation system?

In a paper released earlier this year, Todd Litman from the Victoria Transport Policy Institute took a closer look and found that at a given time, anywhere from 25 to 35 per cent of the population consists of people who for various reasons relating to age, ability or economic or legal status aren't able to drive and need to be "chauffeured."

Chauffeuring non-drivers around adds a significant amount of driving to those that are doing it — one estimate puts it at an additional 52 hours and 250 litres of fuel to drive 512 kilometres a year, compared with a household in which more travel options are available.

Having to accept or ask for a ride when you have no other options can bring a set of different costs.

Drivers are often happy to make these kinds of trips because they care about the people in their lives, want to help, and enjoy getting to connect with them and accompanying them even if it's just to drop them off.

But there can also be a cost.

The extra time and money can take away from other activities and purchases.

For women, who disproportionately take up responsibilities as caregivers for seniors and children, the onus of being an on-call chauffeur can be a significant impediment to achieving other goals.

There's an impact on roads, and, perhaps for some passengers — whatever their age — a loss of independence.

Having to ask for or accept a ride because there are no other options is not the ideal choice for anyone.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD
metroview

Fake guide dogs, and their lying, entitled, arrogant owners

Dear guide dog fraudsters.

I know you think you've been getting away with buying a fake guide-dog coat and parading into cafés and hotels, even onto planes, with your pet pooch Princess. I know, those jackets are as cheap and easy to buy online as, well, anything else.

Disability advocates like Bill Thornton, CEO of BC & Alberta Guide Dogs, has had his phone ringing off the hook with complaints about fake guide dogs, he told me, like the restaurateur who wanted to know if it was normal for a guide dog to come into a restaurant, take a seat at a table, and eat a meal.

"This actually occurred," he told me, the disbelief still in his voice.

I know you think you've been getting away with it. But the guide-dog agencies are on to you. You're part of a rising problem of fake service dogs, they say, and now the B.C. government is doing something about it. A new law will soon require all guide-dog owners to carry a government-issued ID so that business owners can know for sure whether Princess is the real deal (something that already exists in Alberta).

But Thornton is most concerned about a potential backlash toward guide dogs and their owners, thanks to the likes of you and Princess.

Guide dogs are well-trained and well-behaved. Did you know that only about 50 per cent of the dogs Thornton's group trains actually get certified? The rules are tight to maintain public trust in service animals.

But Princess, as you know, has terrible manners. She barks, and she bites. And you're not much better.

Anytime someone calls you out for being a disability fraud, you become irate. Thornton hears about fraudster outbursts like yours all the time, he said.

It's unseemly, you know, on so many levels.

First, you are lying.

Second, you are playing on the sympathy of those too uncomfortable to question you about yappy, snappy Princess.

But third and worst of all, you are giving service dogs a bad name. If the public trust is broken, do you know who that hurts most? People who need dogs to see, hear, or detect an oncoming seizure.

B.C.'s Guide Dog and Service Dog act will make faking a guide dog an offence, with a fine up to $3,000 if you're caught. And I hope you are.

This isn't about Princess. This is all about you: Entitled, arrogant, narcissistic you.

Impersonating someone with a disability for your own petty gains? You can't get much lower than that, guide-dog fraudster.

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HBO goes to pot, scores the web comedy series High Maintenance

Sleeping Giant rouses Cannes

FILM FESTIVAL

Canadian director's first film to screen at French fest

Jessica Smith Cross
Metro | Toronto

Andrew Cividino was eating alone at a restaurant when he looked at his phone and screamed "Oh my God!"

He looked a little crazy at that moment, but he hadn't actually lost his mind. He's a Canadian director who'd just learned his first feature film was selected to screen at the Cannes Film Festival.

"I was actually at a McDonald's, which is a confession, and I was eating a hamburger surrounded by all of these other people," he said. "I think if you scream, 'Oh my God!' on a phone call, people know that you're talking to another human being. But if you're just looking at your screen, it's really hard for people to understand that."

He was elated to learn his film Sleeping Giant is one of seven feature films in competition at the International Critics' Week at Cannes, which is devoted to honouring new directors' first or second feature-length films.

That week has launched the careers of many famous directors, including some of Cividino's favourites: Kevin Smith, Guillermo del Toro and Alejandro González Iñárritu.

Sleeping Giant is named for the Sibley Peninsula on Thunder Bay, where Cividino spent his summers growing up. His film is the story of a boy named Adam and his friends, pushing the boundaries of safety and their youthful authority over a summer there.

It's partly inspired by Cividino's own experiences jumping off the cliffs of the Sleeping Giant into Lake Superior.

"It was really insane, we would really push our boundaries to levels I would now consider to be quite unsafe, but at the time, it just seemed like the obvious, the only thing to be doing," he said.

"There's this Lord of the Flies stage of male adolescence that comes along with these destructive impulses and one way of testing your boundaries in the world is to destroy the world around you," he said.

"That's where we follow the boys."

Nate (Nick Serino) at the wheel, Riley (Reece Moffett) in the passenger seat, and Adam (Jackson Martin) in the backseat, in a scene from Sleeping Giant. The Canadian film directed by Andrew Cividino has been selected to compete at Cannes. AARON YEGER

CASTING

Film's lead a walk-in

Cividino found the actors in Thunder Bay by putting flyers up around town. Nick Serino, who plays Adam, walked into an audition without a script, appointment or acting credits.

"He just said, 'I saw on Kijiji you guys had posted something. I'm here for the movie," Cividino said. "Within 30 seconds we knew this kid is so special."

Serino's cousin in real life, Reece Moffett, is one of the co-stars.

Cividino wanted the boys to use their own voices in the film, so he'd "workshop" the scenes with them rather than strictly sticking to the script. "Some scenes are a lot more challenging because of that, but you end up with moments that you couldn't possibly have considered writing yourself, which just ring true and are hilarious."

Director Andrew Cividino. JESSICA SMITH CROSS/METRO

Lykke Li, left, and Tove Lo GETTY IMAGES

HISTORY

How Sweden became a music powerhouse

SOUND CHECK

Alan Cross

For a country of 35 million, Canada punches far above its weight when it comes to exporting its music to the rest of the world. But then there's Sweden. With fewer than 10 million people, the country is a musical monster.

There's the unending parade of cool indie artists: Lykke Li, Tove Lo, Peter, Bjorn & John, The Sounds, The Radio Dept., The Shout Out Louds, The Hives. And let's not even start on Sweden's role in metal. Or that Sweden is the birthplace of Spotify.

Sweden gave birth to ABBA, a group that has sold nearly 400 million albums, second only to the Beatles. It's also the home of Max Martin, the producer/songwriter who crafted megahits for the Backstreet Boys, 'N Sync, Britney Spears, Katy Perry, P!nk and Taylor Swift. He's produced more No. 1 hits than anyone except George Martin — and he had the Beatles.

So how did this sparsely populated northern European country become such a global powerhouse?

The answer starts with the 1940s, when cultural conservatives and church leaders banded together to protect the country's youth from the degenerate music coming from America. They set up a system of music schools — no tuition, free use of instruments — to show the young how morally uplifting classical music could be.

By the 1960s, the system diversified into other genres of music. A network of musically inclined people took root across the country. Ideas were exchanged quickly and efficiently. Tightly knit musical communities were created.

When ABBA hit it big, there was a sense across the country that if they could do it, anyone could. Since then, there's been a real can-do spirit in Sweden. Now the country exports more than $150 million US in music sales to the rest of the planet, the largest per-capita in the world.

It was a social engineering experiment gone wrong, but things have worked out just fine.

Lighten up on the locker-room louts

GYM MANNERS

Sloths who strew sweaty clothes aren't your problem

URBAN ETIQUETTE

Ellen Vanstone

Dear Ellen,
One of my biggest pet peeves is walking into my gym's change room to find a pile of sweaty gym clothes left on the bench or on the ground. The gym has plenty of lockers, so I really don't understand why people would strip off to go shower and just leave their clothes — don't even get my started on the underwear — out for the world to see, and smell.
— Mike in Halifax

Dear Mike,
The men you are dealing with are likely from the well-known subspecies Men Who Have Always Been Picked Up After (MWHABPUA). These are the lazy, overly entitled brats whose moms, caretakers, life- or roommates are happy to follow around, picking up soggy towels, wiping sprayed toothpaste spittle off mirrors, rinsing shaved-off stubble down the drain, and applying Polysporin to cuts on their own run-off feet after stepping on razor-sharp shards of the MWHABPUA's clipped toenails.

At least, I hope you are dealing with a MWHABPUA, because the alternative is even more disgusting — Men So In Love With Their Own Filth They Think Everyone Else Loves It Too (MSILWTOFTTEELIT). These men may also have been raised by people who picked up after them. Or maybe they were raised in a barn, by wolves. Either way, there's clearly no one picking up after them now, and believe me, they don't notice, much less care. These are the type of derelict jocks who leave their reeking gym duds all over the place while they shower, and then stuff everything into their lockers still damp and warm so it can breed more tiny bacterial monsters that will reek extra hard the next time they work out.

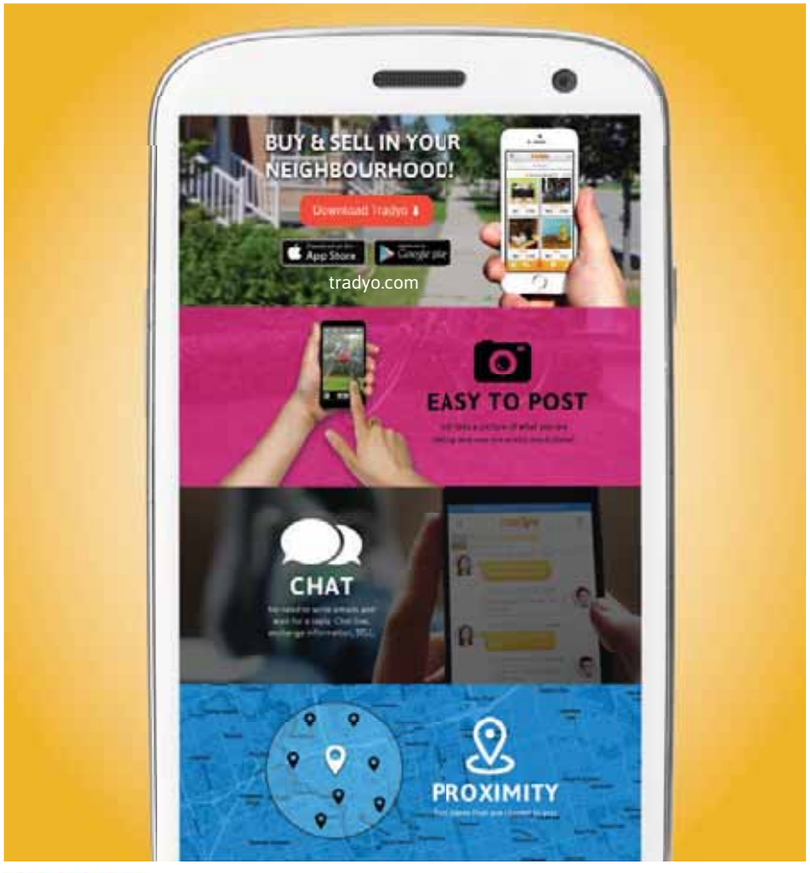
Learn to love the louts. Now that mom's not around, you may be the only one who ever does...

Do they think doing laundry is for sissies? Do they think this is how real men are supposed to smell? (It's not.) Did they get punched out one too many times and their deviated septums have killed all sense of smell?

Who knows? The important thing to realize with both MWHABPUA and MSILWTOFTTEELIT is that it's your problem, not theirs. Slobs of this calibre are immune to threats, sighs, passive-aggressive remarks or outright begging for humane treatment of their locker-room neighbours.

My advice is: Learn to love the louts. Now that mom's not around, you may be the only one who ever does ...

Slobs tend to be immune to threats, sighs, passive-aggressive remarks or outright begging for humane treatment of their locker-room neighbours. ISTOCK



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SIDELINE

Willie Nelson to roll out own brand of marijuana

Music legend Willie Nelson is jumping into the movement to commercialize marijuana and plans to roll out his own brand of cannabis that he intends to make "the best on the market."

The singer-songwriter announced in a statement Monday that Willie's Reserve will be grown and sold in Colorado and Washington, two states where recreational use of the drug is legal.

Nelson is a longtime supporter of marijuana for personal use and has spoken of its benefits for hemp production. He's also pushed for the end of laws criminalizing use of the drug.

Nelson joins other famous pot personalities, including rapper Snoop Dogg, who endorses vaporizing products; singer Melissa Etheridge, developing marijuana-infused wine; and reality TV star and self-help guru Bethenny Frankel, who is working on a strain of Skinnygirl weed that wouldn't leave users with the munchies.

THE ASSOCIATED PRESS

STUDY

Twitter helps predict ER visits for asthma

Researchers are leveraging the microblogging platform to predict the volume of asthma-related emergency room visits one Dallas hospital can expect on a given day.

Researchers at the University of Arizona (UA) and the Parkland Center for Clinical Innovation in Dallas, Texas mined Twitter for information.

Their method involves monitoring air quality data using environmental sensors and scanning Twitter for posts with relevant key words such as "asthma," "inhaler" and "wheezing."

Text-mining techniques are then used to hone in on the tweets from the zip codes where most of the hospital's patients live, according to electronic medical records. By analyzing the data, the researchers developed an algorithm that predicted with 75 per cent accuracy whether the emergency room could expect a low, medium or high number of asthma-related visits on a given day.

These predictions allowed the hospital to be better prepared, namely by ensuring that qualified staff and appropriate equipment were in place on peak days.

By scanning Twitter for words like 'wheezing' researchers can predict asthma-related ER visits. AFP

"You can get a lot of interesting insights from social media that you can't from electronic health records," said UA professor Sudha Ram, one of the leaders of the study.

"We think that prediction models like this can be very useful, if we can combine various types of data, to address chronic diseases."

AFP

metro SPORTS

The Sharks and head coach Todd McLellan have agreed to part ways

Tuesday, April 21, 2015

Burrows escapes ban

NHL

Canucks enter Tuesday down 2-1 to Flames

Cam Tucker
Metro | Vancouver

For the second time in this series, an instigator penalty handed out in the final five minutes of the third period will not result in a suspension.

Vancouver Canucks forward Alex Burrows has escaped a one-game suspension, after he was called for instigating a fight with Calgary defenceman Kris Russell late in the third period of Game 3 on Sunday, as tempers once again flared between the two teams.

62

The total number of penalty minutes assessed in Game 3 — a far cry from Game 2's 132.

The Canucks' Alex Burrows was called for instigating a fight with Flames defenceman Kris Russell late in the third period of Game 3. DEREK LEUNG/GETTY IMAGES

The league's Department of Player Safety confirmed Monday the one-game ban that accompanies an instigator penalty in the final five minutes of the third period, pending a review of the incident, will not be enforced in this case.

The Canucks trail the Flames 2-1 in the best-of-seven series. Game 4 is Tuesday in Calgary.

Once again, head coach Willie Desjardins faced questioning over the ice time of the team's two best offensive players, Daniel and Henrik Sedin, who played 15:05 and 17:04, respectively, during Sunday's loss.

Throughout the season, Desjardins has rolled four lines and his explanation last week was the Sedin twins play better when they're fresh.

The twins led all forwards in actual shifts, with 25 each, yet Daniel was reduced to just 11:52 at even strength, while Henrik had 13:38.

"It's not how much we're putting them out there. It's how long they're staying," Desjardins told reporters in Calgary, as per audio on TSN 1040's website.

These, however, are the playoffs and goals have been difficult to come by in this series for the Canucks.

At what point does the coach really shorten the bench, giving even more shifts to the Sedins in order to produce a goal?

"I think that it's everybody on the outside that's really concerned about that," said Desjardins.

"There's no one in our dressing room that's concerned about it. It's something that everybody else is focusing on. We've played the whole year and that's been one of the strengths to our game and now it's like everybody wants us to change and be something else. We're not. That's who we are and that's how we play."

WHITECAPS

Coach won't rush new addition

Cristian Techera has arrived, and trained with his new Vancouver Whitecaps teammates for the first time on Monday.

Earlier this month, after weeks of speculation and reports Techera was coming to the local Major League Soccer club, the Whitecaps announced they had acquired the five-foot-two wide midfielder on a season-long loan from Club Atlético River Plate Montevideo in Uruguay.

The Whitecaps, coming off a weekend win over Real Salt Lake, host D.C. United at BC Place Stadium on Saturday. It will be interesting to see if Techera is ready to make it into the squad after just a week of training with his new club.

"He scores goals … but I'm not going to rush Cristian. Delighted to have him here. I think he settled in with the group very well," head coach Carl Robinson told reporters.

"When I bring players into this group, I want to bring in players that are going to affect the team. I think we can do that with Techera, but he's got to fight for his place."

Of the attributes that stand out on paper, the aforementioned size — he's also listed at 150 pounds — might be the most noticeable.

The MLS can be a physical league.

"If you play in the Uruguayan league, it doesn't matter how big you are because it is a very physical, strong league. The quality he's got is there for everybody to see," said Robinson. CAM TUCKER/METRO

Cristian Techera GETTY IMAGES

King Henrik and Rangers stifle Pens

Henrik Lundqvist stopped 23 shots and the New York Rangers regained control of their first-round series against the Pittsburgh Penguins with a 2-1 win in Game 3 on Tuesday night.

Carl Hagelin and Chris Kreider scored for New York, which dominated for two periods then held on late to take a 2-1 series lead. Patric Hornqvist scored for the Penguins.

Game 4 is Wednesday in Pittsburgh. THE ASSOCIATED PRESS

The Rangers' Henrik Lundqvist sprawls to make a save on Monday. THE ASSOCIATED PRESS

IN BRIEF

Ducks spoil return of playoffs in Winnipeg

Rickard Rakell scored in overtime to lift the Anaheim Ducks over the Winnipeg Jets 5-4 on Monday in Game 3 of their playoff series.

Anaheim leads the series 3-0.

Jakob Silfverberg scored and added two assists for the Ducks, while Ryan Kesler's goal with less than three minutes remaining in regulation tied the game at 4-4. THE CANADIAN PRESS

Blues blanked by Dubnyk and Wild

Devan Dubnyk made 17 saves and Jason Pominville and Zach Parise scored second-period goals and the Minnesota Wild earned a 3-0 victory over the St. Louis Blues in Game 3 of their Western Conference series on Monday.

Mikael Granlund had two assists, Nino Niederreiter added an empty-netter and the Wild had the edge in every way, without being drawn into a single trip to the penalty box.

St. Louis' Jake Allen stopped 21 shots, with the over-capacity crowd taunting him with chants of his last name throughout the game.

9

The Blues have lost nine straight road games in the playoffs

Game 4 is in Minnesota on Wednesday. THE ASSOCIATED PRESS

What a difference a year makes for Flames winger

NHL

Ferland now playing role of gladiator vs. Canucks

Behind the emergence of Calgary Flames winger Michael Ferland in these NHL playoffs is the story of a young man unburdening and healing himself.

Ferland announced on Twitter and also to reporters March 27 that he was marking a year of sobriety.

Two days later, he scored his first NHL goal and a game-winner in Nashville.

His confidence on and off the ice, along with his role on the team, has expanded since then. Ferland looks people in the eye when he tells them about a difficult journey to a brighter future.

"A year ago I was in rehab," Ferland said Monday on his 23rd birthday. "I didn't think I'd be playing in the Stanley Cup playoffs right now that's for sure.

"People always told me when I was getting help, 'You'll see your life unfold in front of you. It'll be the best thing for you.' I never really understood it, but now my life is kind of starting to unfold right in front of me, I'm enjoying it."

In the first three NHL playoff games of his career, the six-foot-two, 215-pound Manitoban has been the hardest Flame to play against. He's also finding where the line is between helping and hurting his team.

Officials separate the Flames' Michael Ferland and the Canucks' Kevin Bieksa during Game 3 of their first-round playoff series on Sunday night at the Scotiabank Saddledome.

Ferland was a wrecking ball with eight hits in Sunday's 4-2 win over the Vancouver Canucks. He looked ready to drop the gloves with Derek Dorsett at one point, but thought better of it after incurring a penalty for doing the same in Game 1.

"I don't want to take it too far and cross the line, but at the same time I want to play hard and finish out my hits," Ferland said.

Calgary leads the Western Conference quarter-final series two games to one. Game 4 is at Scotiabank Saddledome on Tuesday followed by Game 5 in Vancouver on Thursday.

A Lance Bouma injury in the last home game of the regular season opened the door for Ferland to play more minutes.

Given the ornery turn in the series, Ferland stepping into the role of gladiator is a welcome addition for the Flames, who won games with speed and fitness during the regular season. Ferland has helped dial up their truculence and intimidation for the post-season.

"Finishing his checks and being hard to play against, he's brought it," linemate David Jones said. "He's really elevated it even beyond what I think we expected.

"He's been a huge key for us, especially last night. He had eight or nine hits, which is great. Hopefully those guys are feeling it a little bit today."

THE CANADIAN PRESS

SERIES NOTES

- As the NHL did for Flames defenceman Deryk Engelland in Game 2 of the series, the league rescinded Vancouver's Alex Burrows' instigator penalty in the last five minutes Sunday so there will not be a suspension.
- The Flames recalled goaltender Joni Ortio from Adirondack on Monday.

MLB

Red Sox weather rain to beat O's

Justin Masterson benefited from five unearned runs, and the Boston Red Sox beat the Baltimore Orioles 7-1 Monday in a soggy Patriots' Day game shortened by rain to 6-1/2 innings.

With the score tied at 1, Boston scored four runs in the third when Wei-Yin Chen (0-1) walked four and made an error, and third baseman Manny Machado committed another error.

THE ASSOCIATED PRESS

MARATHON RUNNING

Desisa wins for 2nd time in Boston

Lelisa Desisa of Ethiopia won his second Boston Marathon on Monday, two years after he donated the medal from his first victory to the city in memory of the bombing victims.

Kenya's Carolina Rotich was the women's champion, outsprinting Mare Dibaba down Boylston Street to win by four seconds. THE ASSOCIATED PRESS

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IN BRIEF

James vs. Jordan debate turns bad, police called

Police say an argument over whether Michael Jordan or LeBron James is a better basketball player ended in a Pennsylvania man's arrest on aggravated assault and other charges.

A local newspaper reported that 22-year-old Daniel Mondelice was first arrested early Saturday after fighting with another man over whether Air Jordan or King James reigns supreme. It wasn't clear which player Mondelice backed.

He was released on bond and told not to return. Instead, he went to stay with a woman at another apartment. But police were called there Saturday night when they say Mondelice became argumentative and refused to leave. It's not clear what that argument was about.

THE ASSOCIATED PRESS

Butler serves Bulls well by crushing the Bucks

Jimmy Butler set a playoff career-high for the second straight game with 31 points, and the Chicago Bulls beat the Milwaukee Bucks 91-82 on Monday night to take a 2-0 lead in their first-round series.

After scoring 25 points in Game 1, Butler trumped that with another terrific performance. He was at his best down the stretch, scoring 14 points in the fourth quarter.

Chicago's Derrick Rose scored all of his 15 points in the second half after dominating in the series opener. Pau Gasol added 11 points and 16 rebounds and Mike Dunleavy Jr. scored 12 points as the third-seeded Bulls grabbed a commanding lead in the series.

Game 3 is Thursday at Milwaukee.

THE ASSOCIATED PRESS

RECIPE Frittata with Sautéed Mushrooms and Havarti

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10
Cook time: 14

Ingredients
- 1 tsp vegetable oil
- 1/3 cup finely chopped onion
- 1/2 tsp chopped garlic
- 3/4 cup sliced mushrooms
- 1/4 cup diced red bell pepper
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- 1 cup fresh baby spinach
- 1/2 cup shredded Havarti
- 2 Tbsp chopped parsley

Directions

1. Lightly coat a small nonstick skillet with cooking spray. Add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the mushrooms and red pepper and cook for 5 minutes just until mushrooms are dry. Set aside.

2. Wipe out the skillet and respray. Combine the egg substitute, egg whites and milk. Cook for 4 minutes over medium heat or until the egg begins to set. Add the onion and mushroom mixture, spinach and cheese. Cover and cook another 2 minutes, or until the cheese melts

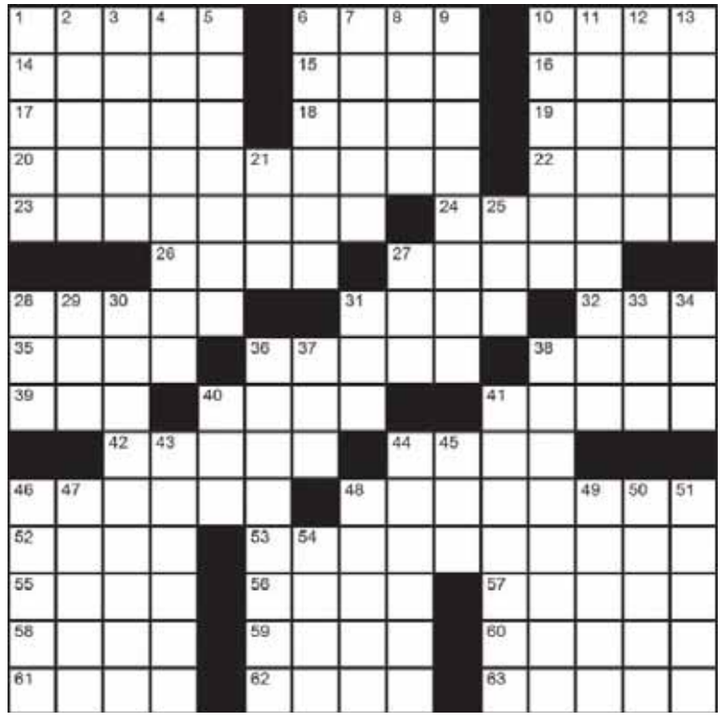
3. Slip the frittata onto a serving platter with a spatula. Cut into wedges, garnish with parsley and serve immediately

Nutrition per serving
- Calories 205
- Protein 19 g
- Carbohydrates 8 g
- Fiber 1.3 g
- Total fat 10.4 g
- Saturated fat 4.2 g
- Cholesterol 17 mg
- Sodium 320 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. The __ Diet ('Caveman' diet)
6. Beach burrower
10. Repeated train noise
14. Cut
15. Dream: French
16. German industrial region
17. Collect-and-collect...
18. Above
19. 7th Greek letters
20. Product by since-1959 Canadian brand Rougemont: 2 wds.
22. Prefix to 'phobia' (Fear of heights)
23. Liquidy lawn: 2 wds.
24. Toronto's __ Phillips Square
26. Irritate
27. Nod
28. "Dracula Has __ from the Grave" (1968)
31. Closed
32. Plank parter
35. Greyish
36. Creature on a highway crossing sign
38. Homer Simpson's mom
39. Jeannie C. Riley hit: "Harper Valley _-_-_"
40. Crow cries
41. Does darning
42. AIR-ihk __-suhn (Captain of the Ottawa Senators, as per the little pronunciation key under the names of NHL players)
44. Rime
46. Tiredness cause in some
48. Toronto Blue Jays right fielder Jose
52. Rob of reels
53. They contain backstage specifications for rockers: 2 wds.
55. Kitchen appliance
56. Dickens character, with Uriah
57. Ms. Munster's
58. Had in hand
59. Never, __ __ account
60. Devil
61. Shakespeare title starter
62. Time for lunch
63. _ __ home is his castle

DOWN
1. "Absurd!"
2. "Not _ __ in hell!"
3. Jumped
4. Tea blend: 2 wds.
5. Select from a takeout menu: 2 wds.
6. "Canada AM" movie critic Richard
7. Quebec city
8. "__ plaisir!" (Gladly, in Montreal)
9. Dominican Republic music/dance style
10. Make
11. Jeff __ (Weather/sports anchor on "Canada AM")
12. Family in "Gone with the Wind" (1939)
13. Mr. Welles
21. Flier to Narita Intl. Airport
25. Painter's pride
27. "Fancy that!" [pl.]
28. Knock at the door
29. 'Capital' suffix
30. __ __ Before Serving (Carton instruction)
31. ABBA song
33. Furthermore
34. Occurred
36. Event of endurance
37. Nocturnal bird
38. The 'M' of CTV's "Canada AM"
40. Ill. city
41. Song of Australia: "Waltzing __"
43. Betters
44. Critically dwell: 2 wds.
45. 'O' of Canadian band OLP
46. Hawaiian greeting
47. Bestselling work
48. Good: Spanish
49. Actress Ms. Blair
50. Check the dress for fit: 2 wds.
51. Organizations, briefly
54. Vintner's prefix

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You want to make a useful contribution to what's going on around you but the only way you can do that is to join with other people. You can be a loner if you wish but you will get more done if you are not so aloof

Taurus April 21 - May 21
It's time to finish those tasks that should have been completed a long time ago. The Sun in your sign means your energy levels will peak over the next few days, so get on top of your workload.

Gemini May 22 - June 21
Work will be the dominant theme later in the week, so make the most of your freedom to come and go as you please now. As a Gemini you like to get out and about and meet new people — so what are you waiting for?

Cancer June 22 - July 23
One of the most trying periods of the year has come to an end and you managed to survive! You may be in the mood to celebrate but don't go over the top. The planets warn you need to stay out of trouble today.

Leo July 24 - Aug. 23
Tell everyone what they want to hear today, even if you don't believe a word of it and even if you don't believe they believe it either. You are not in the mood for arguments.

Virgo Aug. 24 - Sept. 23
You must question everything you hear today, because the planets warn that some of the things you will be told are designed to mislead you rather than inform you.

Libra Sept. 24 - Oct. 23
Make your own value judgments today. What others say may be interesting but it is essential that you follow your instincts rather than follow the herd.

Scorpio Oct. 24 - Nov. 22
Quite likely you will say or do something silly today but it's no big deal. In fact it will most likely endear you to people who previously thought of you as a bit too perfect and self-controlled. Seems you're human after all!

Sagittarius Nov. 23 - Dec. 21
You will find yourself in just the right place at just the right time to do something worthwhile today. Make the most of it — it won't always be this easy.

Capricorn Dec. 22 - Jan. 20
The Sun in your fellow Earth sign of Taurus at this time of year makes all things possible, for you at least, so don't limit yourself to petty ambitions. Go for gold.

Aquarius Jan. 21 - Feb. 19
Friends may know you need assistance but they won't lift a finger to help you unless you ask them to. That may annoy you a bit but most likely it's your own fault. They've been told off before for interfering in your affairs

Pisces
Feb. 20 - March 20
You will be confronted with a very tough challenge today and you will deal with it with ease. That might surprise those people who have only ever seen the softer side of your nature but there is a core of steel running through the Pisces personality.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		5		8	6			
	4			7		1		
2							6	
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8	9						5	6
4			1					
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